WHAT IS CLAIMED IS:

Sub A

1. A computer-readable medium storing instructions adapted to be executed on a processor to:

(a) display, at a receiver, received data;

(b) analyze, at the receiver, the quality of the displayed data;

(c) formulate, at the receiver and based on the analysis in step (b), a media-parameter suggestion for the encoder to alter the characteristics of data to be sent to the receiver; and

(d) send, from the receiver, the formulated suggestion.

2. The computer-readable medium of claim 1, further storing instructions adapted to be executed on a processor to:

(e) receive, at the receiver, a user preference to be used in the analysis in step (b).

3. The computer-readable medium of claim 2, wherein the instruction (a) to display data includes instructions adapted to be executed by a processor to display, at the receiver, audiovisual data.

4. The computer-readable medium of claim 2, wherein the instruction (b) to analyze the quality of the displayed data includes instructions adapted to be run on the processor to analyze, at the receiver, the system load.

5. The computer-readable medium of claim 2, wherein the instruction (b) to analyze the quality of the displayed data includes instructions adapted to be run on the processor to:

(i) analyze, at the receiver, component load, wherein a component is chosen from the set comprising a central-processing unit, a graphics card, and a texture-mapping engine.

6. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions that include:

(i) send timing information identifying the point in time where the data was collected; and

(ii) send timing information identifying the point in time when the suggested action should be honored.

7. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions to:

(i) alter the frame rate.

8. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions to:

(i) alter the color depth.

9. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions to:

(i) alter the window size.

10. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions to:

(i) alter audio channel characteristics.

11. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions to:

(i) alter the graphics hardware load.

12. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions to:

(i) alter the CPU load.

13. The computer-readable medium of claim 2, wherein the instruction (c) to formulate a media-parameter suggestion includes instructions adapted to be run on the processor to formulate media-parameter suggestions that include:

(i) altering the RAM amount available.

Sub B2

14. A method of transmitting data from a sender to a receiver across a network comprising:

(a) displaying, at the receiver, received data;

(b) analyzing, at the receiver, the quality of the displayed data;

(c) formulating, at the receiver and based on the analysis in step (b), a media-parameter suggestion for the encoder to alter the characteristics of data to be sent to the receiver; and

(d) sending, from the receiver, the formulated suggestion to alter the quality of the received data.

15. The method of claim 14, further comprising:

(e) receiving, at the receiver, a user preference to be used in the analysis in step (b).

16. The method of claim 15, wherein the displayed data is audiovisual data.

17. The method of claim 15 wherein said analyzing step (b) is based on system load.

18. The method of claim 15 wherein said analyzing step (b) is based on component load, where a component is chosen from the set comprising central-processing unit, graphics, card, and texture mapping engine.

19. The method of claim 15 wherein the formulated suggestion includes:

(i) timing information identifying the point in time where the data was collected; and

(ii) timing information identifying the point in time when the suggested action should be honored.

20. The method of claim 15, wherein the formulated suggestion includes a suggestion to:

(i) alter the frame rate.

21. The method of claim 15, wherein the formulated suggestion includes a suggestion to:

(i) alter the color depth.

22. The method of claim 15, wherein the formulated suggestion includes a suggestion to:

(i) alter the window size.

23. The method of claim 15, wherein the formulated suggestion includes a suggestion to:

(i) alter audio channel characteristics.

24. The method of claim 15, wherein the formulated suggestion includes a suggestion to:

(i) alter the graphics hardware load.

25. The method of claim 15, wherein the formulated suggestion includes a

suggestion to:

(i) alter the CPU load.

26. The method of claim 15, wherein the formulated suggestion includes a suggestion to:

(i) alter the RAM amount available.

Sub A3

27. A method for transmitting data across a network comprising:

a. transmitting data to a receiver;

b. receiving a suggestion to alter the transmitted data;

c. selecting, based on the received suggestion, an action to alter the data; and

c. altering the transmitted data.

28. The method of claim 27, wherein the data transmitted in step (a) includes audiovisual data.

29. The method of claim 27, wherein the received suggestion includes:

(i) timing information identifying the point in time where the data was collected; and

(ii) timing information identifying the point in time when the suggested action should be honored.

30. The method of claim 27, wherein the received suggestion includes:

(i) altering the frame rate.

31. The method of claim 27, wherein the received suggestion includes:

(i) altering the color depth.

32. The method of claim 27, wherein the received suggestion includes:

(i) altering the window size.

33. The method of claim 27, wherein the received suggestion includes:

(i) altering audio channel characteristics.

34. The method of claim 27, wherein the received suggestion includes:

(i) altering the graphics hardware load.

35. The method of claim 27, wherein the received suggestion includes:

(i) altering the CPU load.

Sub A1

36. An apparatus for transmitting data from a sender to a receiver across a network comprising:

(a) a processor;

(b) a port coupled to said processor; and

(c) a memory coupled to said processor and said port, storing instructions adapted to be run on said processor to:

(i) display, at the receiver, received data;

(ii) analyze, at the receiver, the quality of the displayed data;

(iii) formulate, at the receiver and based on the analysis in (ii), a media-parameter suggestion for the encoder to alter the characteristics of data to be sent to the receiver; and

(iv) send, from the receiver, the formulated suggestion to alter the quality of the received data.

37. The apparatus in claim 36, wherein the memory further stores instructions adapted to be run on said processor to:

(v) receive, at the receiver, a user preference to be used in the analysis in (ii).

38. The apparatus in claim 36, wherein the formulated suggestion includes timing information identifying when the data was collected, and timing information identifying when the suggested action should be honored.

39. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the frame rate.

40. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the color depth.

41. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the window size.

42. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the audio characteristics.

43. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the hardware load.

44. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the CPU load.

45. The apparatus in claim 36, wherein the formulated suggestion includes a suggestion to alter the RAM amount available.

Sub A5

46. An apparatus for transmitting data from a sender to a receiver across a network comprising:

(a) a processor;

(b) a port coupled to said processor; and

(c) a memory coupled to said processor and said port, storing instructions adapted to be run on said processor to:

(i) transmit data to a receiver;

(ii) receive a suggestion to alter the transmitted data; and

(iii) selecting, based on the received suggestion, an action to alter the data; and

(iv) altering the transmitted data.

47. The apparatus in claim 46, wherein the received suggestion includes timing information identifying when the data was collected, and timing information identifying when the suggested action should be honored.

48. The apparatus of claim 46, wherein the received suggestion includes altering the frame rate.

49. The apparatus of claim 46, wherein the received suggestion includes altering the color depth.

50. The apparatus of claim 46, wherein the received suggestion includes altering the window size.

51. The apparatus of claim 46, wherein the received suggestion includes altering audio channel characteristics.

52. The apparatus of claim 46, wherein the received suggestion includes altering the hardware load.

53. The apparatus of claim 46, wherein the received suggestion includes altering the CPU load.